

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"



Spring 2010 Program Guide

Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov



PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (____) _____ Work Phone (____) _____

Cell Phone (____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (____) _____

* If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____
Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

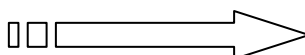
One registration form can be used for more than one person in this household.

First Name, Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

Register today! Registration is first-come, first-served

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.



+ _____

TOTAL AMOUNT: \$ _____

Circle Method of Payment: Cash Check Credit Card

CREDIT CARD #: _____ EXP. DATE ____ / ____

Circle type of card: VISA MASTERCARD DISCOVER

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Facility Reservations

Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium. Rental availability is limited due to programming demands. The fee is \$30/hour. If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

Teen Center Facility Rentals Ages 7 - 18



Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$25 per hour. Helium balloons may be purchased for your special occasion for a nominal fee. Limit: 30 guests.

Community Gardens



The Community Gardens are located next to the Young Farm property at 282 Church Street. Plot sizes are 20 x 20 feet, and will be roto-tilled and marked. Community Gardens are open to Newington residents only. Rules and regulations governing the gardens are available on our website at www.NewingtonCT.gov. The date of planting will be dependent on soil and weather conditions, but is anticipated to be mid-spring. Water will be available; please bring your own containers. The fee for each garden plot is \$20.00. Registration is held at the Parks & Recreation Office in Town Hall.

Registration for **returning gardeners** begins Wednesday, March 10th, 2010.

Registration for **new gardeners** begins Wednesday, March 31st, 2010 (upon availability).

Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings will begin at 8:30 a.m. on Wednesday, March 3rd, 2010 at the Parks and Recreation office. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first come, first served basis. Please note that we are unable to issue refunds once a picnic area is reserved. The reservation form to reserve picnic areas has been revised and is now available online. Sports equipment will be also be available for rental; please see the reservation form for details.



UPPER PAVILION...

\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



MIDDLE PAVILION...

\$75/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.



LOWER PAVILION...

\$50/day

Covered shelter that accommodates 60 people with electricity, tables and a grill.

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Ice Skating At Mill Pond



Ice Skating will be available again this winter and spring at Mill Pond as weather and ice conditions permit. There is no fee. Ice skates are not provided; skaters must bring their own skates. Signs are posted when the ice is determined to meet acceptable criteria for skating. However, please be aware that conditions may change. Here are some safety guidelines:

- Skate at your own risk and never skate alone. **Skating is unsupervised.**
- Ice thickness is not consistent. Thin ice may be present near inlets, outlets or bridges due to water currents underneath the ice.
- Beware of ice around partially submerged objects, such as trees, logs, brush, embankments or dam structures.
- Don't congregate in one area. Stay away from cracks, seams, pressure ridges, slushy areas & darker areas.
- **For current ice skating conditions, call the Parks & Recreation hotline at 860-665-8686.**

Community Events & Bus Trips...



Family Fishing Derby

Saturday, April 24th, 9:00 a.m.—12:00 noon at Mill Pond Park Pond

The Family Fishing Derby is open to boys and girls ages 3 through 15 years. The event will be held from 9:00 a.m. - 12:00 noon and is sponsored by Newington Parks & Recreation and Trout Unlimited. Bring your whole family to participate in this wonderful springtime event. All children must be accompanied by a parent or guardian. In case of inclement weather, please call our program hotline at 860-665-8686. The rain date will be Sunday, April 25th. You must provide your own fishing equipment.



12th Annual Golf Tournament

Monday, May 10th, begins at 12:30 p.m. at Indian Hill Country Club

Join the Newington Parks & Recreation Department's 12th Annual Golf Tournament at Indian Hill Country Club. The "Shotgun" format tournament is open to all ability levels and all proceeds support recreation programs in the Town of Newington. The registration fee is \$125 per person and includes the greens fees, cart, lunch, dinner and prizes! Please call the Parks and Recreation office at 860-665-8666 if you are interested in making a donation (cash or raffle prizes accepted), becoming a sponsor for a \$100 Tee Sign, or playing in the tournament.



Touch-a-Truck

Saturday, June 19th, 10:00 a.m. -12:00 noon in Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is an event for the whole family! This is a hands-on event and kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance and more! No registration is required. This event is FREE!



Extravaganza - Save the Date!

Saturday, July 17th, Mill Pond Park

Bus Trip Guidelines

- All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.
- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We are not responsible for your return trip if you miss the bus!
- We typically use a 50-passenger coach bus. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- Bus departs from and returns to the Police Station Parking Lot located behind the Newington Town Hall on Garfield Street unless otherwise stated.



Boston Flower Show Saturday, March 27, 2010

Spring blossoms once again in New England! The flower show is back in town! Nearly two years after its absence, the city of Boston will once again host the perennial favorite Boston Flower Show. The tradition loved by New Englanders for more than 100 years will be reestablished and updated to everyone who loves flowers and plants, gardens and landscape design.

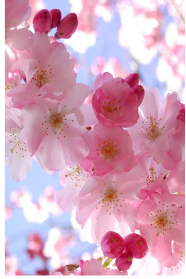
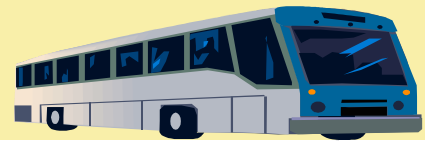
Fee: \$64 per person

ID: 6590

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Admission to the Boston Flower & Garden Show at the Seaport World Trade Center on Boston's Waterfront
- Leisure time for shopping at Quincy Market, Newbury Street, Copley Place, Downtown Crossing
- Bus departs from the Newington Police Station parking lot promptly at 8 a.m. and departs Boston at 6 p.m.

Bus Trips...



Cherry Blossom Weekend *Friday - Sunday, April 9-11th, 2010*

The 2010 Cherry Blossom Festival marks the 98th celebration of the original gift of the 3,000 cherry trees from the city of Tokyo to the people of Washington, DC in 1912. Experience this magical time to visit Our Nation's Capital.

Fee: \$474 Single per person \$374 Double per person ID: 6591
\$364 Triple/Quad per person \$204 Child sharing w/ two adults

Bus trip includes:

- Round trip motorcoach transportation with a tour director and baggage, tax & service
- 2 nights at the Hilton Hotel, Gaithersburg with 2 full American breakfasts and Friday night at Toby's Dinner Theatre
- Visit these landmarks: World War II Memorial, FDR Memorial, Iwo Jima Memorial, Vietnam Memorial, Korean War Memorial, Jefferson Memorial surrounded by the Cherry Blossoms, Washington Monument, Smithsonian buildings and more
- Tourmobile through Arlington National Cemetery, Changing of the Guard Ceremony at the Tomb of the Unknown Soldiers, US Capitol & White House photo stop, Cherry Blossom Parade on Saturday, April 10th
- Bus departs from the Newington Police Station parking lot promptly at 6:30 a.m. on Friday and departs Baltimore at 2:00 p.m. on Sunday.



King Tut Exhibit: TUTANKAHMUN and the Golden Age of the Pharaohs at the Discovery Times Square Exposition *Saturday, May 1st, 2010*

Behold the legendary treasures of King Tut! For the first time in a generation, revel in the splendor of the ancient Egyptian world as you view a dazzling array of possessions unearthed from his tomb.

Fee: \$88 per person ID: 6592

Bus trip includes:

- Round trip motorcoach transportation with a tour director
- Admission to TUTANKAHMUN and the Golden Age of the Pharaohs at the Discovery Times Square Exposition, Leisure time in New York City
- Bus departs from the Newington Police Station parking lot at 7:30 a.m. and departs New York City at 6:00 p.m.



Red Sox vs. Orioles *Saturday - Sunday, June 5 - 6th, 2010*

Enjoy TWO games in one weekend in Baltimore, MD.

Fee: \$429 Single per person \$339 Double per person ID: 6633
\$309 Triple per person \$299 Quad per person

Bus trip includes:

- Round trip transportation with DATTCO tour director
- 1 night accommodation at Radisson Lord Baltimore with 1 full American breakfast at hotel
- Ticket to Saturday and Sunday Orioles Games at Camden Yards and leisure time at Baltimore Inner Harbor
- Bus departs from the **Department of Transportation Commuter Lot Time TBD**. Departs Baltimore 1/2 hour after game.



NASCAR at the New Hampshire Speedway *Sunday, June 27th, 2010*

Nascar Sprint Cup Series - Lenox Industrial Tools 301

Fee: \$199 per person ID: 6634

Bus trip includes:

- Round trip transportation
- Ticket to NASCAR RACE and a tailgate party (Sandwiches with all the fixing's)
- Bus departs from the **Department of Transportation Commuter Lot at 6 AM**. Departs Loudon, NH 45 minutes after race.



Yankees vs. Orioles *Saturday - Sunday, September 18 - 19th, 2010*

Enjoy TWO games in one weekend in Baltimore, MD.

Fee: \$359 Single per person \$299 Double per person ID: 6635
\$289 Triple per person \$279 Quad per person

Bus trip includes:

- Round trip transportation with DATTCO tour director
- 1 night accommodation at Marriott Baltimore Inner Harbor with 1 full American breakfast at hotel.
- Ticket to Saturday and Sunday Orioles Games at Camden Yards and leisure time at Baltimore Inner Harbor
- Bus departs from the **Department of Transportation Commuter Lot Time TBD**. Departs Baltimore 1/2 hour after game.

Aquatics...

Recreational Swimming at Newington High School

The Newington High School Pool is open for indoor recreational swim and is supervised by certified Red Cross lifeguards. You may use your Summer 2009 pool pass. Newington residents may purchase pool passes for the indoor season. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Newington's aquatic facilities are open to residents, but residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (See box below). Children under 13 must be accompanied by an adult.

Time: 7:00 - 8:45 PM

Dates: Mondays, Wednesdays & Fridays, Oct. 5, 2009 - June 4, 2010. *The pool is unavailable on all holidays and dates that the high school is closed, and is also closed when school is cancelled due to inclement weather. Call 860 665-8666 for information regarding school vacation swim times - 2/15-2/19/10 and 4/19-4/23/10.*

Fee: Free with a 2009/2010 pool pass or \$3.00 for adults, \$2.00 for children under 18, \$2.00 for senior citizens.



New! Revised Swim Lesson Program!

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program. In the Fall 2009 session, we began offering the new program which has been revised to improve effectiveness of swim lessons, emphasize water safety and drowning prevention and improve participant progress and skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Please review the swim lesson level descriptions below prior to registering your child. ***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns.

For a detailed list of the new level descriptions, please visit our website at www.newingtonct.gov

Please note: The NHS Pool is kept cooler for lap swimming and aquatic sports.

Attention Adult Swimmers:

Are you a current or former swimmer looking for an alternative to working out at the gym this summer? We are looking to start an adult swim program. We are currently compiling a list of interested swimmers. If you're interested, please contact Michelle at MLach@newingtonct.gov with your name and contact info.

Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass. Tri-town swimming is only available for season pass holders.

Newington High School Indoor Pool

605 Willard Avenue, Newington
Open Mon., Wed., and Fri.: 7:00 - 8:45 PM
Office Number - 860-665-8666
Hotline - 860-665-8686

Rocky Hill High School Indoor Pool

50 Chaplin Avenue, Rocky Hill
Office Number - 860-258-7429
Information Line - 860-258-2772

Wethersfield High School Indoor Pool

411 Wolcott Hill Road, Wethersfield
Office/Information Number - 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.

Swimming Programs...

Adult Swim Lessons

Ages 18 and up

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Lessons are taught in groups of no more than 4 participants per instructor.

Location: *Newington High School Indoor Pool*
 Fee: *\$65 (4 classes)*

ID:	Time	Dates
<u>Beginners</u>		
6707	7-7:30 p.m.	Mondays, March 29 - April 26 (no class 4/19)
<u>Intermediates</u>		
6708	7-7:30 p.m.	Mondays, May 3 - 24



Preschool & Parent

Ages 3-5

New this Spring, we are now offering Preschool & Parent classes at the Newington High School indoor pool. Your 3-5 year old can now participant in our swimming lesson program! A parent is required to be in the water at all times with their child and should be comfortable in the water. Children must be three years old when the program begins.

Location: *Newington High School Indoor Pool*
 Fee: *\$30 (8 classes)*

ID:	Time	Dates
6709	5:30 - 6:00 PM	Mondays, March 29 - May 24 (no class 4/19)



Group Swim Lessons *Ages 6—17*

Our group swim lessons are taught by Red Cross certified lifeguards and are held at the Newington High School indoor pool. There are no make-ups or refunds given for missed/cancelled swim lessons. Please note that the swim lesson levels we offer were revised in the Fall of 2009. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: *Newington High School Indoor Pool*

Fee: \$30 (8 classes)

<u>Mondays, March 29 - May 24</u> (8 classes, no class 4/19)			<u>Wednesdays, March 31 - May 26</u> (8 classes, no class 4/21)		
5:30 - 6:00 PM		6:00 - 6:30 PM	5:30 - 6:00 PM		6:00 - 6:30 PM
Level 1		ID: 6710	Level 1	ID: 6719	ID: 6720
Level 2	ID: 6711	ID: 6712	Level 2	ID: 6721	ID: 6722
Level 3	ID: 6713	ID: 6714	Level 3	ID: 6723	ID: 6724
Level 4	ID: 6715	ID: 6716	Level 4	ID: 6725	ID: 6726
Level 5/6	ID: 6717	ID: 6718	Level 5/6	ID: 6727	ID: 6728

Semi-Private Swim Lessons *Ages 6—17*

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds or make-ups given for missed lessons. If lessons are cancelled, we will attempt to schedule a make-up class. Please note that the swim lesson levels we offer were revised in the Fall of 2009. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

Location: *Newington High School Indoor Pool*

Fee: \$65 (4 classes)

<u>Session 1 - MONDAYS</u> March 29 - April 26 (no class 4/19)		<u>Session 1 - WEDNESDAYS</u> March 31- April 28 (no class 4/21)	
6:30 - 7:00 PM		6:30 - 7:00 PM	
Level 1	ID: 6729	Level 1	ID: 6734
Level 2	ID: 6730	Level 2	ID: 6735
Level 3	ID: 6731	Level 3	ID: 6736
Level 4	ID: 6732	Level 4	ID: 6737
Level 5/6	ID: 6733	Level 5/6	ID: 6738

<u>Session 2 - MONDAYS</u> May 3 - 24		<u>Session 2 - WEDNESDAYS</u> May 5 - 26	
6:30 - 7:00 PM		6:30 - 7:00 PM	
Level 1	ID: 6739	Level 1	ID: 6744
Level 2	ID: 6740	Level 2	ID: 6745
Level 3	ID: 6741	Level 3	ID: 6746
Level 4	ID: 6742	Level 4	ID: 6747
Level 5/6	ID: 6743	Level 5/6	ID: 6748

Toddler, Preschool & Youth...

Gymnastics

Ages 2 and up

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Activities include warm-ups, floor exercises, and use of gymnastic equipment. Participants should wear leotards, warm-ups, or shorts and t-shirt. Children must be 2 when class begins in order to participate.

Instructor: New England Gymnastics Express Staff

Location: New England Gymnastics Express—136 Day St, Newington

Fee: \$79



ID:	Time	Dates
<u>Parent and Tot: Ages 2 - 3 1/2 with Parent</u>		
6667	1:00 - 1:40 PM	Mondays, March 29 - May 24 (no class 4/19, 8 classes)
<u>Preschool: 3 1/2—5 years old</u>		
6668	1:50 - 2:30 PM	Mondays, March 29 - May 24 (no class 4/19, 8 classes)
6669	1:45 - 2:25 PM	Thursdays, April 1 - May 27 (no class 4/22, 8 classes)
<u>Beginner: Kindergarten - 2nd Grade</u>		
6670	6:00—6:45 PM	Tuesdays, March 30 - May 25 (no class 4/20, 8 classes)
6671	6:00—6:45 PM	Thursdays, April 1 - May 27 (no class 4/22, 8 classes)

Dance Classes

Ages 2—8

Your child will love to participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet, creative movement and hip hop. They will learn creative ways to express themselves through music, dance & movement in a fun and social environment. Please be aware that parents are asked to wait outside the classroom during dance classes. Please send your child with comfortable, lightweight clothing.

Instructor: Janet Arnold

Location: Mortensen Community Center Romano Room



ID:	Ages	Class	Time	Fee
<u>Dates: Saturdays, March 20 - May 8 (8 classes)</u>				\$42
6672	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	
6673	4 - 6	Hip Hop	2:00 - 2:45 PM	
6674	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	
6675	5 - 8	Ballet	3:30 - 4:15 PM	
6676	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	

Mornin' Munchkins

Ages 12—36 Months with Parent

This is a fun, social experience for both parent and toddler. Activities include music, movement, story time, special play balls, bubbles and arts & crafts, not to mention meeting lots of friends. This class offers parents and grandparents the opportunity to get creative, bond and interact with their youngster in a group environment. It's a great class for those looking to socialize with other parents.

Instructor: Lorilyn Callahan

*Location: Mortensen Community Center
Romano Room*

Fee: \$45 (8 classes)

ID:	Time	Days
6677	9:30 - 10:15 AM	Mondays, March 29 - May 24 (no class 4/19)
6678	10:30 - 11:15 AM	Mondays, March 29 - May 24 (no class 4/19)

Jumpin' Gym Daze

Ages 12—36 Months with Parent

You and your toddler will enjoy this newly formatted program in the gym. The first half of each class will be an unstructured opportunity for free play, while the second half of the class will offer supervised and directed games and activities. This is a great class to give your child a chance to play and interact with children of the same age. It is also a chance for parents to socialize and interact with other parents. We'll roll out the balls, hoops, and tunnels, and you roll out the fun!

Instructor: Randi Thureson

Location: Mortensen Community Center Gymnasium

Fee: \$39 (8 classes)



ID:	Time	Days
6679	9:30 - 10:15 AM	Wednesdays, March 31 - June 2 (No Class 4/21, 5/26)
6680	10:30 - 11:15 AM	Wednesdays, March 31 - June 2 (No Class 4/21, 5/26)

Friendly Reminder:

Unless otherwise specified, only children who are registered for a program may attend. Having siblings in a class can be distracting to the instructor and unfair to the other participants.

Please make alternative arrangements for siblings who are not enrolled in a program.

Youth Sports & Fitness...



Zumba Kids

Ages 6-11

Children will love this exciting new way to exercise while learning how to dance! Zumba is a dance-fitness class that combines Latin and International music with dance movements to create a party-like atmosphere. This class is specially formatted to be 'kid-friendly', while utilizing many of the elements of the adult class. Children will have fun dancing and exercising all at the same time! This class may use movements from Salsa, Merengue, Latin Hop, Cumbia, Flamenco and more! Parents are welcome to stay and watch. Participants should bring water and wear comfortable clothes.

Instructor: Carrie Tartaglia

Location: Mortensen Community Center Gymnasium

ID:	Ages	Time	Dates	Fee
6650	6-11	6 - 6:45 PM	Mondays, April 12 - June 14 no class 4/19, 5/31 (8 classes)	\$24

Tennis Lessons

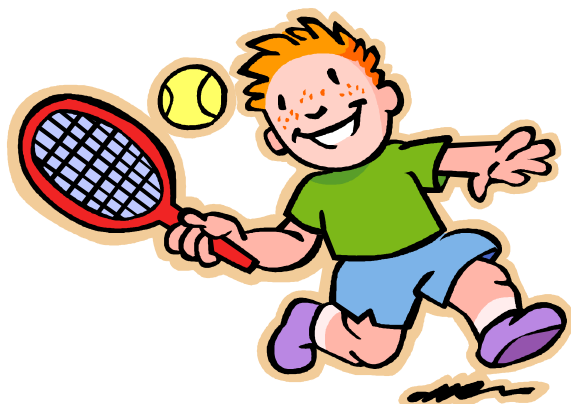
Ages 7—17

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children of all ability levels. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and overhead. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime.

Instructors: Newington Tennis Center Staff

Location: Newington Tennis Center, 60 Prospect Street

ID:	Time	Days	Fee
6539	4:00 - 5:00 PM	Sundays, Feb. 7 - March 14 (6 classes)	\$99
6540	4:00 - 5:00 PM	Sundays, March 21 - May 2 (6 classes, no class 4/4)	\$99
6651	4:00 - 5:00 PM	Sundays, May 9 - June 20 (6 classes, no class 5/30)	\$99



Skyhawks Sports!
Ages 3 1/2 - 7

Skyhawks Sports are introductory programs for young children to help them explore soccer, baseball and basketball. SkyHawks' popular and diverse programs provide opportunities for children to learn introductory sports skills through unique games and activities. No pressure, just lots of fun, while these young athletes participate in all three sports through unique Skyhawks games. Staff is committed to helping children begin on the right foot as they take their first steps into athletics. Tiny Hawks is a parent and child program. Mini Hawks is a drop-off program; however, parents will be able to go into the gym the last 10 minutes of the program each day.

Instructor: Skyhawks Staff

Location: Mortensen Community Center
Gymnasium

Fee: \$65 (6 classes)

ID:	Time	Days
<u>Tiny Hawks (Ages 3 1/2—4 with parents)</u>		
6652	5:00— 5:50 PM	Tuesdays, March 30 - May 11 (no class 4/20)
<u>Mini Hawks (Ages 5-7)</u>		
6653	6:00- 7:00 PM	Tuesdays, March 30 - May 11 (no class 4/20)



Help Us Keep Our Programs Healthy

If your child is sick, please be courteous to other children in their program, as well as the program's instructor, by keeping your child home until he/she is feeling better.

For the safety of all of our program participants this Spring, our instructors will have the right to send any visibly ill children home from any program at their discretion.

Youth Theatre and Dance Programs...



Community Ski Night

Saturday, March 6th, 6:00 — 10:00 p.m. at Ski Sundown, New Hartford, CT

It's easy to enjoy winter fun at Ski Sundown! Town residents may simply go to Ski Sundown on this date, show an ID for proof of residency at the ticket window, and receive \$5 off regular rates for Adult and Junior lift tickets. A special rate is also available for 1st time Ski/Snowboard packages.

Special Newington Resident Rates:

Adults (ages 15+): \$29

Juniors (ages 7-14): \$26

Children (ages 6 and under): \$16 (regular price)

For more information about Ski Sundown, you can call them at (860) 379-7669 or view them online at www.skisundown.com.

Theatre and Dance Classes with NCTC Performing Arts Theatre

Ages 3-5 or 9-14

NCTC Performing Arts Theatre, home of Newington Children's Theatre Company, provides quality entertainment and hands-on educational programs in the performing arts to children and young adults from preschool through college. NCTC operates its own performance, rehearsal and educational facility in Newington.

For more information, please visit www.NCTCArts.org

Location: NCTC Performing Arts Theatre, 743 North Mountain Road, Newington

Class Descriptions:

Creative Play for Preschoolers (Ages 3-4 with parent)

Through music, dance, stories, costumes and a different theme each week, preschoolers will explore voice, movement and imagination and learn to work together as a group to discover the exciting new world of theater. Parent or caregiver attendance is required.

Let's Dance (Ages 3-5)

This combination jazz, tap, and ballet class will introduce children to dance and stage performance, while they also gain social skills and develop self-confidence. Classes will conclude with an informal share day for invited parents and friends.

Broadway's Best (Ages 9-14)

An introduction to jazz, tap and classical dance moves that will give musical theatre performers an edge in dance auditions and productions. Explore the fundamentals of dance specifically designed and essential for any young performer. Classes conclude with an informal performance for invited parents and friends.

ID:	Time	Class	Days	Fee
6644	10:00— 11:00 AM	Creative Play for Preschoolers	Tuesdays, March 23 - May 18 (no class 4/20, 8 classes)	\$95
6645	11:00— 11:45 AM	Let's Dance	Saturdays, March 27 - May 22 no class 4/24, 8 classes)	\$95
6646	6:30 - 7:30 PM	Broadway's Best	Mondays, March 22 - May 17 (no class 4/19, 8 classes)	\$125

Music Together

Ages newborn to 5 years



Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers.

Location: Mortensen Community Center Romano Room
Minimum of 8/Maximum of 12

- Fee: \$165 includes CD and all materials. Fee remains the same for non-residents
- Infants under 8 months are free with a registered sibling. \$75 for each additional sibling registered for same class.

ID:	Time	Dates
<u>Wednesdays (10 classes)</u>		
6647	9:30 - 10:15 AM	April 7 - June 16
6648	10:30 - 11:15 AM	(No Class 4/21)

**Music Together
Complimentary Demo Class!**
Wednesday, March 17th 9:30 - 10:15 a.m.
ID: 6649

Pre-registration is required... call (860) 665-8666 to sign up. Class is held in the Romano Room.
Please call for more information.

Youth Art Classes...

Kids' Art Studio

Ages 5 & 6 or 7-12

This is a great course exploding with creativity and fun! Participants will explore various art materials including foam, felt, paint, wood sticks and more while creating 2-D and 3-D projects. This class is a wonderful opportunity for children to design and explore with a multitude of materials! Children should wear a smock or old clothes. All supplies are provided.

Instructor: Fran Judycki

Location: Mortensen Community Center Arts & Crafts Room

ID:	Time	Days	Fee
<u>Ages 7 - 12</u> (4 classes)			
6636	6:45 - 7:45 PM	Tuesdays, April 6 - 27	\$28
6637	6:45 - 7:45 PM	Tuesdays, May 11 - June 1	\$28
<u>Ages 5 & 6</u> (4 classes)			
6638	6:45 - 7:45 PM	Thursdays, April 8 - 29	\$28
6639	6:45 - 7:45 PM	Thursdays, May 13 - June 3	\$28

Children's Cartooning I and II

Grades 1-6

This course is designed to teach the basics to our young cartoonists. Learn the development of heads and bodies and creating your own creatures and characters. Apply these creative skills and developed characters to a comic strip. The second four-week course is also open to students who have taken a cartooning class before. We will be creating comic books, flip books and thaumatropes. All supplies are provided.

Instructor: Fran Judycki

Location: Mortensen Community Center Arts & Crafts Room

ID:	Time	Days	Fee
<u>Cartooning I</u> (4 classes)			
6642	5:30 - 6:30 PM	Thursdays, April 8 - 29	\$28
<u>Cartooning II</u> (4 classes)			
6643	5:30 - 6:30 PM	Thursdays, May 13 - June 3	\$28

Children's Drawing I and II

Grades 1—6

A course designed to instruct the young artist while having fun! Concepts of value, shape, contour line, shadows, and texture will be applied while drawing animals, buildings, people, cars, sea life and more! All supplies are provided.

Instructor: Fran Judycki

Location: Mortensen Community Center Arts & Crafts Room



ID:	Class	Time	Days	Fee
6640	Drawing 1	5:30 - 6:30 PM	Tuesdays, April 6 - 27 (4 classes)	\$28
6641	Drawing 2	5:30 - 6:30 PM	Tuesdays, May 11 - June 1 (4 classes)	\$28

Help Us Keep Our Programs Healthy

If your child is sick, please be courteous to other children in their program, as well as the program's instructor, by keeping your child home until he/she is feeling better.

For the safety of all of our program participants this Spring, our instructors will have the right to send any visibly ill children home from any program at their discretion.



Program Information
&
Cancellation Hotline:
860-665-8686

Reasons to Register Early for Programs and Classes!

Many classes are very popular, and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting, and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled, and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination often including facility scheduling, staffing and purchasing of supplies. So, if you know you want to take a class...

PLEASE register early!

Creative Playtime Preschool Program

2010-2011



Creative Playtime Preschool Program *located at 1075 Main Street, Lower Level*

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

IMPORTANT DATES

For current families and siblings, registration begins Monday, February 1st - February 12th, 2010.

For new families, a special registration night will be held on **Tuesday, February 23rd, 2010** from 6:00 p.m. — 7:00 p.m. at the Park and Recreation Office in the Mortensen Community Center, 131 Cedar Street. Open registration begins on **Friday, February 26th, 2010** in the Parks and Recreation Office during normal office hours.

For non-residents, registration will begin on **Wednesday, March 3rd, 2010**.

PARENTS' OPEN HOUSE

Parents: Come to our open house! Meet the teachers and check out our classroom!

Tuesday, February 9th, 2010 from 6:00 - 7:30 p.m. at the classroom located at 1075 Main Street, Lower Level.

PROGRAM INFORMATION

The Newington Parks & Recreation Department's Creative Playtime Preschool Program is a play-based, child-centered preschool designed to be a wonderful and enriching introduction to the classroom environment. Our goal is to create a safe environment in which children engage in activities that are hands-on, open-ended, multisensory and meaningful to them. Play is the key that opens the door to creative thinking and learning!

Daily activities include "hands on" play centers for fine and gross motor activities such as school skills, paper, crayon and pencil work and play dough play. Multi-sensory art and music experiences, coupled with imaginative dramatic play centers such as dolls, blocks, and puppets offer creative and imaginative outlets for your child. We provide opportunities for daily living and social skills such as snack time and self-help work that will empower your child to be independent in preparation for kindergarten. Daily outdoor play time combines fine and gross motor skills, healthy habits and basic introductions to nutrition and fitness. This program is licensed through the State of Connecticut, and our staff is fully certified and trained in CPR & First Aid. We have beautiful classroom facilities and fenced in outdoor space dedicated solely to the preschool program located at 1075 Main Street in the Lower Level.

Staff: Preschool Director/Head Teacher: Marilyn Janelle. Preschool Head Teacher: Pat Jarvis
Assistant Teachers: Loralyn Callahan, Kim Marchetti and Randi Thureson

REGISTRATION INFORMATION

- A special registration night will be held on Tuesday, February 23rd, 2010 from 6:00 - 7:00 p.m. at the Parks & Recreation office located in the Town Hall. Open registration in the Parks & Recreation office will begin February 26th, 2010 and continue until all classes have been filled. A parent or guardian of each child must be present at the time of registration. Registration is taken on a first come, first served basis.
- A 25% **non-refundable** deposit is required at the time of registration.
- In case of inclement weather, please call the Parks & Recreation Department's Program Information and Cancellation Hotline at (860) 665-8686.
- Registration for non-residents will be taken beginning Wednesday, March 3rd, 2010.
- A payment plan is available for the 2010-2011 school year.
- If you choose to pay in full, balance of payment is required in full on or before Monday, July 12, 2010. A late fee of \$25 will be assessed if the payment is received on or after Monday, July 19, 2010. If payment is not received in full by Monday, July 26, 2010, you will forfeit your child's space in the program, your deposit, and any other payments or fees paid towards the program.
- If you choose the payment plan option, the remaining balance will be due in three equal installments on July 12th, 2010, October 12th, 2010 and January 12th, 2011. A \$25 late fee will be assessed for each installment received more than one week past the due date. If at any time a payment is more than two weeks overdue, you will forfeit your child's space in the program, your deposit, and any other payments or fees paid towards the program.
- Open to children ages 3—5. All children must turn 3 years old by Dec. 31, 2010.
- School Skills and Kindergarten readiness will be introduced in *ALL* classes.
- All children must be toilet trained by the start of the program, and should not be wearing diapers or pull-ups. The ratio is 10 children per teacher.
- Additional registration information is required and will be mailed prior to the start of the program.



Creative Playtime Preschool Program

2010-2011



Our convenient program schedule allows you to register only for the times and days that you choose. You can register for one day per week or all five! Choose Morning or Afternoon classes, or register for both and add Lunch Bunch for a full day of Preschool fun for your child.

Our affordable fees make our program a great value. Creative Playtime Preschool is an economical choice that provides an enriching, nurturing and stimulating environment for children to learn, socialize and play.

DAILY PROGRAM SCHEDULE

Mornings: 9:30 - 11:45 AM

Lunch Bunch: 11:45 - 12:15 PM (Lunch bunch is the perfect opportunity to have your child spend the whole day with us. Send your child with a healthy lunch and we will provide supervision until their afternoon class. Lunch Bunch only available when combined with the Morning and Afternoon classes as a Full Day Program.)

Afternoons: 12:15 - 2:30 PM

Full Day Program: 9:30 AM - 2:30 PM (Combines Morning, Lunch Bunch, and Afternoon classes)

2010-2011 PROGRAM DATES

- **Mondays: September 13th—June 6th** (no class 9/6, 10/11, 12/27, 1/17, 2/21, 4/18, 5/30)
- **Tuesdays: September 7th—June 7th** (no class 12/28, 2/22, 4/19)
- **Wednesdays: September 1st—June 8th** (no class 11/24, 12/29, 2/23, 4/20)
- **Thursdays: September 2nd—June 2nd** (no class 9/9, 11/11, 11/25, 12/23, 12/30, 2/24, 4/21)
- **Fridays: September 3rd—June 3rd** (no class 10/1, 11/26, 12/24, 12/31, 2/25, 4/22)



2010-2011 PROGRAM FEES

ID:	DAYS	FEES	25% Deposit Due at Time of Registration (Non-Refundable)
<u>6618</u>	Monday Mornings	\$482.63 (33 classes)	\$120.66
<u>6619</u>	Monday Lunch Bunch	\$107.25 (33 classes)	\$26.81
<u>6620</u>	Monday Afternoons	\$482.63 (33 classes)	\$120.66
<u>6621</u>	Tuesday Mornings	\$541.13 (37 classes)	\$135.28
<u>6622</u>	Tuesday Lunch Bunch	\$120.25 (37 classes)	\$30.06
<u>6623</u>	Tuesday Afternoons	\$541.13 (37 classes)	\$135.28
<u>6624</u>	Wednesday Mornings	\$541.13 (37 classes)	\$135.28
<u>6625</u>	Wednesdays Lunch Bunch	\$120.25 (37 classes)	\$30.06
<u>6626</u>	Wednesday Afternoons	\$541.13 (37 classes)	\$135.38
<u>6627</u>	Thursday Mornings	\$482.63 (33 classes)	\$120.66
<u>6628</u>	Thursday Lunch Bunch	\$107.25 (33 classes)	\$26.81
<u>6629</u>	Thursday Afternoons	\$482.63 (33 classes)	\$120.66
<u>6630</u>	Friday Mornings	\$497.25 (34 classes)	\$124.31
<u>6631</u>	Friday Lunch Bunch	\$110.50 (34 classes)	\$27.63
<u>6632</u>	Friday Afternoon	\$497.25 (34 classes)	\$124.31



Discounts for 2010-2011 School Year

Register your child for one Full Day, and receive \$25 off your total tuition bill for each additional full day you register for!! (Full Day Program includes morning, lunch bunch, and afternoon.) So, register for:

- *Two full days—receive \$25 off your total tuition bill
- *Three full days—receive \$50 off your total tuition bill

- *Four full days—receive \$75 off your total tuition bill
- *Five full days—receive \$100 off your total tuition bill.

Start Planning for the Summer!



The Parks & Recreation Summer Playground/Playground Pals program will run from June 28th - August 13th, 2010.

The **Playground Pals** program is open to children ages 5 & 6 who will be entering Kindergarten or 1st Grade in the Fall and reside in Newington or attend Newington schools.

The **Summer Playground** program is open to children who are Newington residents or attend Newington schools and are currently in grades 1-7.

**Summer Playground/Playground Pals
program information will be distributed in
all Newington schools in late April.**



Basketball Super Hoop-La

Friday, March 5th, 5:00—9:00 PM
(Snow Date: Friday, March 12th)
Mortensen Community Center

Presented by the Newington Youth Adult Council, this event for teams of students from Newington schools makes a fabulous evening for all. Join in the fun and show your support!

Tickets are \$4.00 for adults and \$2.00 for seniors and students, and there's a \$1.00 discount if you bring a non-perishable food item to donate. Concessions are available beginning at 5:30 p.m. and will include pizza, hot dogs, candy, nachos and drinks. All proceeds go toward scholarships for graduating Newington High School Seniors.

For more information, call Karen Futoma in Human Services at 860-665-8596.



Teen Center

Grades 7 - 12

Friday Evenings, 7:00 - 10:00 PM
September 25th, 2009 - May 21st, 2010

The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. There is no membership fee! Teens will only pay the nightly fee of \$5.00. The Teen Center will be closed on 3/5/10 and 4/2/10. Other closings may occur and signs will be posted. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.

7th & 8th Grade Dances



Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Students must show their school ID at the door or a parent/guardian must be present to sign the student in - there are absolutely no exceptions. No backpacks and no re-entry once admitted. Those dressed in offensive or provocative clothing will not be admitted. Tickets will be sold at the door. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium. Save the date for the last dance of the school year!

Spring Fling

Friday, April 9th, 2010

50/50 Fitness

This class is a fantastic way to start off your week. The first half of the class is aerobic to work your cardiovascular system, and the second half of the class is resistance training to tone your muscles. It's a complete workout! Bring an exercise mat and a pair of hand-held weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Rooms A & B

ID:	Dates	Time	Fee
6654	Mondays, April 5 - June 21 <i>No class 5/31</i> (11 classes)	9:15 - 10:10 AM	\$44

Tone Aerobics

A great way to start your morning with this low-impact aerobics class. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Bring an exercise mat or towel and a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

ID:	Dates	Time	Fee
6659	Tuesdays, April 6 - June 22 (12 classes)	9:15 - 10:15 AM	\$48
6660	Thursdays, April 8 - June 24 (12 classes)	9:15 - 10:15 AM	\$48

Register for both classes for only \$91!

Hi/Lo Aerobics

Get Moving! This fun aerobics class includes kickboxing, funk, and salsa moves that will leave you feeling more energetic and healthy. Build strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

Fee: Mondays: \$40

Wednesdays: \$44

ID:	Time	Dates
6661	6:00 - 7:00 PM	Mondays, April 5 - June 14
6662	7:00 - 8:00 PM	(No class 5/31, 10 classes)
6663	6:00 - 7:00 PM	Wednesdays,
6664	7:00 - 8:00 PM	April 7 - June 16 (11 classes)

Register for any 2 classes for only \$79.00

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!

Please note that regular classes are 60 minutes long, while the express class is 30 minutes.

*Location: Monday classes: Mortensen Community Center Gymnasium
Tuesday/Thursday classes: Senior & Disabled Center Auditorium*

Instructor: Mondays - Carrie Tartaglia

Tuesdays - Keiko Broyles

Thursdays - Jenn Trent/Carrie Tartaglia



ID:	Dates	Time	Fee:
6655	Mondays, April 12 - June 14 (8 classes, no class 4/19, 5/31)	7:00 - 8:00 PM	\$40
6656	Tuesdays, April 6 - June 22 (12 classes)	5:30 - 6:30 PM	\$60
6657	Thursdays, April 15 - June 24 (11 classes)	4:45 - 5:15 PM (EXPRESS CLASS)	\$33
6658	Thursdays, April 15 - June 24 (11 classes)	5:30 - 6:30 PM	\$55

On The Ball



Take that stability ball out of the closet and learn how to use it! Strengthening and flexibility exercises will be performed. This class is a great way to improve body strength, core stability and balance. Please bring your own ball and mat.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Rooms A & B

ID:	Dates	Time	Fee
6665	Mondays, April 5 - June 21 <i>No class 5/31</i> (11 classes)	10:15 - 11:10 AM	\$44

Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Not for the faint of heart. Participants should be in good physical condition.

Instructor: Laura Campbell

Location: Mortensen Community Center Gymnasium

Fee: \$55

ID:	Dates	Time
6666	Thursdays, April 8 - June 17 (11 classes)	5:45-6:45 PM

Adult Programs, Sports & Wellness...



Calling All Softball Players!

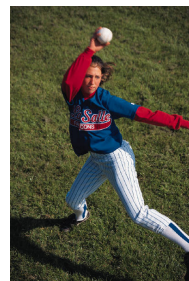
Men's Softball League

Interested in playing in an organized softball league? Newington Parks & Recreation offers a Men's Softball League that runs from early May until late August (Monday through Friday). The League consists of 20 teams. Players must either live or work in Newington to be eligible to play. League fees are approximately \$825 per team. Teams that participated last season need to contact the Parks & Recreation office by March 23rd if interested in returning. After that date, new, eligible teams will be considered for participation in the league. If you are interested in getting a team in the league or playing on an existing team, please contact the Parks & Recreation office at kgallicchio@newingtonct.gov.



Women's Softball League

Interested in playing in an organized softball league? Newington Parks & Recreation offers a Women's Softball League that runs from early May until mid-August (Monday through Thursday). We are looking to expand our Women's League that currently has teams from Newington and Wethersfield. League fees will be approximately \$650 per team. Teams that participated last season need to contact the Parks & Recreation office by March 23rd if interested in returning. If you are interested in getting a new team in the league or playing on an existing team, please contact the Parks & Recreation office at kgallicchio@newingtonct.gov.



Drawing Made Easy

This course is designed to acquaint the student at any level with basic drawing concepts. We will cover basic shapes, shading, using negative space, creating a focal point, perspective and so much more. The experienced student will also be working on style. This is truly an enjoyable and relaxing course! Please call the Parks & Recreation Department for a supply list prior to the first class.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room



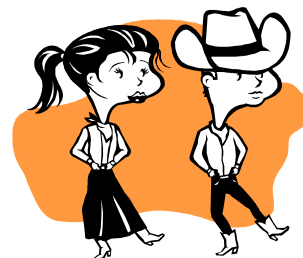
ID:	Time	Dates	Fee
6565	6:15 - 7:30 PM	Wednesdays, April 14 - June 2 (8 classes)	\$50

Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed, it's fun, great exercise and just a few classes will free the dancer in you.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room



ID:	Time	Days	Fee
6568	5:30—6:30 PM	Mondays, March 29 - June 21 no class 4/19, 5/31 (11 classes)	\$77

The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gentle, fluid movements.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

ID:	Class	Time	Dates	Fee
6681	Beginners	5:30 - 6:30 PM	Mondays, April 5 - June 14 no class 5/31 (10 classes)	\$63

6682	Intermediates	6:30 - 7:30 PM	Mondays, April 5 - June 14 no class 5/31 (10 classes)	\$63
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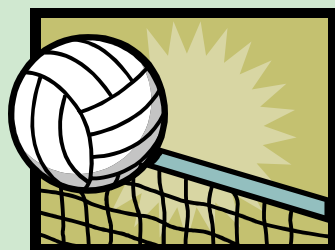
Co-Ed Volleyball

For Ages 18 & Up

Join us on Wednesday evenings to play recreational co-ed volleyball. This program is restricted to Newington residents only. Proof of residency is required at the time of registration.

Supervisor: Nicole Nardi

*Location: Martin Kellogg Middle School Gymnasium
(please use rear entrance)*



ID:	Time	Days	Fee
6749	7:00 - 9:30 PM	Wednesdays, March 3- May 12 (no program on 3/24, 4/21)	\$25

Yoga and Pilates Classes...

Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

BEGINNERS: Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

INTERMEDIATE: Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

MIXED-LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie

Location: Senior & Disabled Center Room A & B

ID:	Class	Time	Dates	Fee
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Mondays - Mixed-Levels

6687	Mixed-Levels	6:30-7:30 PM	Mondays, April 5 - June 14 (no class 5/31)(10 classes)	\$85
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Wednesdays - Beginners or Intermediates

6688	Beginners	5:30-6:30 PM	Wednesdays,	\$85
6689	Intermediate	6:30-7:30 PM	April 7 - June 9 (10 classes)	\$85

Ball Pilates

This class offers a fun twist to typical Pilates exercises.

Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. While the ball is a challenge, exercising on the ball can also be playful, allowing you to feel like a kid again while getting a good workout. Wear comfortable clothes and bring a yoga mat, water and an exercise ball for your height to each class.

MIXED-LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie

Location: Senior & Disabled Center Room A & B

ID:	Time	Dates	Fee
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Mondays - Mixed-Levels

6690	5:30-6:30 PM	Mondays, April 5 - June 14 (no class 5/31) (10 classes)	\$85
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Register for any
two Pilates
classes for only
\$160

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required, and yoga blankets are highly recommended.

Location: Mortensen Community Center Romano Room

Instructors: Karen Sevenoff / Cynthia Wolcott

ID:	Class	Time	Dates	Fee:
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6683	Mixed Levels Yoga with Cynthia Wolcott	7:00 - 8:15 PM	Tuesdays, April 6 - June 22 (12 classes)	\$72
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6684	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Wednesdays, April 7 - June 23 (12 classes)	\$72
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6685	Beginner Yoga with Cynthia Wolcott	5:45 - 6:55 PM	Thursdays, April 8 - June 24 (12 classes)	\$72
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6686	Intermediate Yoga with Cynthia Wolcott	7:00 - 8:15 PM	Thursdays, April 8 - June 24 (12 classes)	\$72
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Yoga Class Descriptions

Beginner Yoga

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

Mixed Levels Yoga

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.

Intermediate Yoga

This class might be right for you if you've been practicing for a few years and are seeking to enrich your practice by delving into meditation, pranayama and familiar poses more deeply. Just one notch up from Mixed Levels, students in this class will spend more time on meditation and breathing techniques as well as postures.



Programs for Older Adults...

Indoor Walking at Mortensen Community Center

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the spring. This is a great way to stay in shape and keep moving! 18 laps equal a mile! Pre-registration is required and all walkers should carry an ID with them at all times. You can register at the Parks & Recreation office any time Monday through Friday from 8:30 a.m. - 4:30 p.m. **ID: 5704**

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Bring a friend!



Monday through Friday 8:30 - 11:30 AM

FREE

There will be no indoor walking available when Town Hall is closed.

Walking may be cancelled due to special events, program changes, and/or reasons beyond the control of the Parks and Recreation Department. We will make every attempt possible to keep at least half the gym available for walkers; however, there may be times when the whole gym is not available. We apologize in advance for any inconvenience this may cause.

Zumba Gold



This fun Zumba class is designed for the active adult population or the true (deconditioned) participant. Zumba Gold addresses the anatomical, physiological and psychological needs specific to these populations. Created to emphasize the basic steps of Zumba, this explosive program is so easy to follow that participants of any age can do it. This program will give all participants a safe and effective total body workout. Just like the regular Zumba classes, Zumba Gold creates a party-like atmosphere that is incredibly fun, different, easy to follow and effective. Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha, along with other fun and exciting rhythms and dances. Participants should wear comfortable clothing and bring water.

Instructor: Jenn Trent

Location: Senior & Disabled Center Auditorium



ID:	Time	Days	Fee
6691	11:00 - 11:45 AM	Fridays, April 9—June 11 (10 classes)	\$40

Fun-n-Fitness

An invigorating class that gets you off to the right foot. Improve stamina, strength, muscle tone, and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

ID:	Time	Days	Fee
6692	10:20 - 11:20 AM	Tuesdays April 6 - June 22 (12 classes)	\$42
6693	10:20 - 11:20 AM	Thursdays, April 8 - June 24 (12 classes)	\$42

Register for both classes for only \$79!

T'ai Chi For Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density, and develops muscle tone. It's gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$45

ID:	Time	Dates
Beginners		
6694	9:00 - 9:45 AM	Mondays, April 5 - June 14 No Class 5/31 (10 classes)
Intermediates		
6695	10:00 - 10:45 AM	Mondays, April 5 - June 14 No Class 5/31 (10 classes)



**Program Information
&
Cancellation Hotline:
860-665-8686**

Programs for Older Adults...

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for beginners through intermediates.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

ID:	Time	Dates	Fee
6696	11:15 AM - 12:15 PM	Mondays, April 5 - 26 (4 classes)	\$21
6697	11:15 AM - 12:15 PM	Mondays, May 10 - June 7 (no class 5/31) (4 classes)	\$21

Fitness Clinics for Older Adults

Learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Room. Must present a doctor's note when registering and be a Newington Senior & Disabled Center member.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

ID:	Time	Dates	Fee
6604	11:30 - 1:30 PM	Tuesday, March 9	\$15
6605	11:30 - 1:30 PM	Tuesday, April 13	\$15
6698	11:30 - 1:30 PM	Tuesday, May 11	\$15
6699	11:30 - 1:30 PM	Tuesday, June 8	\$15

Oil Painting Mini Session

A shortened version of our regular oil painting course (at right), aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wildlife. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

ID:	Time	Dates	Fee
6700	9:15 - 11:45 AM	Tuesdays, June 15 - 29 (3 classes)	\$27



Dance Classes for Older Adults

Dancing is a great way to stay active, healthy, and have fun. Ballroom dancing is a great class for those who are new to dancing or would like to improve existing dance skills. You will be exposed to the Foxtrot, Waltz, Rumba, Cha Cha and Swing. Have fun while benefiting from an excellent form of exercise! Or try our new Line Dancing classes, another fun way to exercise! Come with or without a partner.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

ID:		Time	Dates	Fee
Session 1 (5 classes, no class 4/23):				
6701	BALLROOM	10:00 - 11:00 AM	Fridays, April 9 - May 14	\$39
6702	LINE DANCING	11:00 AM - 12:00 PM	Fridays, April 9 - May 14	\$39
Session 2 (5 classes):				
6703	BALLROOM	10:00 - 11:00 AM	Fridays, May 28 - June 25	\$39
6704	LINE DANCING	11:00 AM - 12:00 PM	Fridays, May 28 - June 25	\$39



Program
Information &
Cancellation
Hotline:
860-665-8686

Oil Painting

An instructive course aimed at improving the returning student's skills and knowledge and introducing the



new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wildlife. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

Please note that the Tuesday class is 2.5 hours in length while the Thursday class is 2 hours.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

ID:	Time	Dates	Fee
6705	9:15 - 11:45 AM	Tuesdays, March 30 - June 1 (10 classes)	\$88
6706	9:45 - 11:45 AM	Thursdays, April 1 - June 3 (10 classes)	\$70

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Convenient Ways To Register...

Fax-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through.
Fax to (860) 665-8739.



Mail-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.



Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111. Walk-in office hours are: **Monday – Friday, 8:30 AM – 4:30 PM.**
***Drop slot available after hours.**



Phone-in: Please have your VISA, MasterCard or Discover card ready when you call us at: **(860) 665-8666.** *A signature will be required on the registration form.



IMPORTANT INFORMATION

If you are registering a **child under the age of 6**, include a copy of the child's birth certificate with the registration form. This is a one-time request.

If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.

If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.

Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. The Parks & Recreation Department will try to accommodate all registrants. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Monday, March 1st, 2010. Non-residents pay an additional 25% fee and should call for program availability prior to registering. Some programs (including swim lessons, pool passes and others) are not available for non-resident registration. Please contact our office to find out if the program you are interested in is available for non-resident registration.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday
8:30 a.m. - 4:30 p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web:

www.NewingtonCT.gov

Help Wanted!

Newington Parks and Recreation Department is now accepting applications for summer employment. Available positions include but are not limited to: Lifeguards, Water Safety Instructors and Summer Playground Counselors. Applications will be accepted until Wednesday, March 31st for summer employment. All applicants must fill out a Town of Newington application, available on our website or at the Parks and Recreation office.

